

Adult Day Care Programs

The Senior Nutrition Program supports the cost of lunches served to seniors at the following nonprofit adult day care programs:

- **Holy Cross Adult Day Center**.....**301-754-7150**
9805 Dameron Drive, Silver Spring 20902
- **Misler Adult Day Center**..**301-468-1740**
Kosher Meals
1801 East Jefferson Street, Rockville 20852
- **The Support Center**.....**301-738-2250**
1010 Grandin Avenue, Rockville 20851
- **Winter Growth****301-774-7501**
18110 Prince Philip Drive, Olney 20832

SENIOR NUTRITION PROGRAM

Department of Health & Human Services
Aging & Disability Services
401 Hungerford Dr. 4th floor
Rockville, MD 20850

Contact the Nutrition Office at:

240-777-3810 (voice) 240-777-1236 (TTY)
hhsmail@montgomerycountymd.gov.
www.montgomerycountymd.gov/seniors



Montgomery County
Isiah Leggett, County Executive

Alternative formats of the document
are available upon request



What Are You Doing For Lunch?



THE SENIOR NUTRITION PROGRAM

- Provides meals in congregate settings where activities and services for seniors are available.
- Each meal meets 1/3 of the Dietary Reference Intakes (DRIs) for older adults and follows the Dietary Guidelines for Americans.
- Nutrition screening, nutrition education and counseling are available.
- **Senior Nutrition Hotline:**
A registered dietitian answers questions on Wednesdays, 9 to 11 a.m. only. Call 240-777-1100.

Activities

Activities include exercise programs, classes and computer training at some sites, games, arts and crafts, health & nutrition education programs, and social activities.



Home Delivered Meals

Home delivered meals may be available for seniors who are homebound due to illness or disability. For information, call: **240-777-3810**



Eligibility

People 60 years of age and older and their spouses of any age are eligible to participate. Donations for the meal are encouraged. They are voluntary and anonymous and are used to provide more meals.

Seniors may bring guests—those under 60 years pay full price for the meal.

Congregate Nutrition Sites

All congregate Nutrition Sites are ADA compliant

Traditional Meals

Lunch is served at noon, Monday through Friday, except as noted. Reservations are needed by 1:00 p.m. at least one day in advance. For reservations, call the sites. For information, call **240-777-3810**

Arcola Towers.....301-754-0532

1135 University Blvd
Silver Spring 20902

Damascus Senior Center.....240-777-6995

9701 Main Street
Damascus 20872

East County Community Center.....240-777-8090

3310 Gateshead Manor Way
Silver Spring 20904
Tuesday and Friday only

Elizabeth House.....301-565-7613

1400 Fenwick Lane
Silver Spring 20910

Praisner (Fairland) Community Center).....240-777-4970

14906 Old Columbia Pike
Burtonsville 20866
Thursday only

Forest Oak Towers.....301-740-1414

101 Odendhal Road
Gaithersburg 20877

Holiday Park Senior Center.....240-777-4999

3950 Ferrara Drive
Wheaton 20906

Lakeview House.....301-469-6927

10250 Westlake Drive
Bethesda 20817

Long Branch Community Center.....240-777-6975

8700 Piney Branch Rd.
Silver Spring 20901
Lunch at 1:00 p.m.

Margaret Schweinhaut Senior Center.....240-777-8085

1000 Forest Glen Road
Silver Spring 20901

Rockville Senior Center.....240-314-8810

1150 Carnation Drive
Rockville 20850

Ross Boddy Community Center.....240-777-8050

18529 Brooke Road
Sandy Spring 20860
Wednesday and Thursday only

Waverly House.....301-986-0052

4521 East West Highway
Bethesda 20814
Lunch at 12:15 p.m.

Gaithersburg Upcounty Senior Center

80A Bureau Drive
Gaithersburg 20878
For information and reservations
301-258-6380



Kosher Meals at six sites; programs by the Senior Adult Division, **Jewish Community Center**. For information and meal reservations, call**301-348-3860**

- **Coffield Community Center**
2450 Lyttonsville Rd, Silver Spring 20910
Wednesday only
- **Har Tzeon**
1840 University Blvd W, Silver Spring 20901
Thursday only
- **Hebrew Academy**
13300 Arctic Avenue, Rockville 20853
Friday only
- **Jewish Community Center**
6125 Montrose Rd, Rockville 20852
Friday and alternate Tuesdays
- **Ring House**
1801 E. Jefferson St., Rockville 20852
Monday and Thursday only
- **Shomrai Emunah**
1132 Arcola Ave, Silver Spring 20901
3rd Wednesday of the month

Korean Meals and programs are offered by two organizations. For information and meal reservations, call the organizations.

- 1. Fellowship Senior Center ...301-444-3100**
 - **New Covenant & Fellowship Church**
18901 Waring Station Road
Germantown, MD 20874
Wednesday & Friday only
- 2. Korean American Senior Citizens Association of Maryland301-438-7304**
 - **Global Mission Church**
13421 Georgia Avenue, Silver Spring 20906
Monday, Tuesday, Thursday, Friday, Sunday only

Chinese Meals and programs are offered by two organizations. For information and meal reservations, call the organizations.

- 1. Chinese American Senior Services Association 301-530-4880**
 - **Plum Gar Community Center**
Germantown 20876 Tuesday & Thursday
 - **Long Branch Community Center**
Silver Spring 20901 Monday & Friday
 - **Good Hope Community Center**
Silver Spring 20905 Thursday only
 - **Wheaton Community Center**
Wheaton 20902 Wednesday only
 - **King Farm Community Center**
Rockville 20850 Wednesday only
 - **Rio Center at Washingtonian**
Gaithersburg 20878 Friday only
 - **Leisure World Clubhouse 1**
Wheaton 20906 2nd & 4th Friday every month
 - **Elizabeth House**
Silver Spring 20910 Alternate Fridays
 - **Lakeview House**
Bethesda 20817 3rd Friday every month
 - **Waverly House**
Bethesda 20814 1st Tuesday every month
 - **Bethany House**
Rockville 20852 2nd Tuesday every month
- 2. Chinese Culture & Community Service Center 240-631-1200**
 - **Germantown Community Center**
Germantown 20874 Tues, Wed & Friday only
 - **Lincoln Park Community Center**
Rockville 20850 Monday and Thursday only
 - **Rockville Senior Center**
Rockville 20850 Friday only
 - **Tilden Middle School**
Rockville 20852 Saturday only